

# Health Homes Herald

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Helping people live healthier lives by integrating and coordinating services and supports to treat the “whole-person” across the lifespan.

## Health Homes: Helping Members and their Caregivers

Our Health Homes success story this month comes to us from the Southeast Kansas Wellness Health Home Program. Care coordinator Mark Weeks and nurse Mary Younggren write:

We recently met with a 36 year old, non-verbal member that suffers from Cerebral Palsy (CP) and seizures. This member's mother has been the member's life-long caregiver.

The member's mother stated that when her son was born, he was diagnosed with CP and would likely not make it to 2 years of age. This mother had taken care of her son's needs mostly on her own, but was now reaching an age where she is becoming unsure of what will happen to her son if something happens to her.

Mark and Mary discussed the possibility of contacting a lawyer and

having an emergency guardian named. The member's mother indicated that her other son would like to take over guardianship of his brother, so Mark and Mary gave the mother contact information for Kansas Legal Services.

Mark and Mary also discussed the possibility of getting the member approved for more services, such as looking into Medicare.

The member's mother stated that her son might like to receive services at Tri-Valley Developmental Services (I/DD provider), and maybe work at their workshop. To help her make this decision, Mark went out to the Fort Scott Tri-Valley office and found the necessary information to take back to the member and his mother.

This information seemed agreeable to the member and his mother and now Mark and Mary are in the

process of getting the member into the workshop program.

The member's mother stated that she was not aware of many of these options, and was very happy to have someone she could ask about these issues. She also said that it is nice to have someone who understands how difficult it can be for people with SMI and I/DD and also for their caregivers.

Great job Mark and Mary! It sounds like you've done a lot to help not just this member but his entire support system!

If you have a success story that you'd like us to feature in the Health Homes Herald, please contact:

Samantha Ferencik

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### Upcoming News and Events

- Learning Collaborative Webinar — Dec. 1 at 3:00 pm

Questions?

Email:

[healthhomes@kdheks.gov](mailto:healthhomes@kdheks.gov)

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# Consumers' Frequently Asked Questions

**I've heard that I should get a yearly physical. I've also heard that I can be rewarded for getting a physical. Is this true?**

Your MCO will cover an annual physical exam with all the routine lab work. If you have not had your physical, your Health Home can help you schedule one. All of the KanCare MCOs offer rewards for having your annual physical exam. KanCare MCO Member services can answer questions relating to the rewards program.

If you have questions or just want to talk about Health Homes please contact Samantha Ferencik:

Phone : 785-296-8001 Email: [sferencik@kdheks.gov](mailto:sferencik@kdheks.gov)

## Educational Materials Available

The Mental Health Association of South Central Kansas is proud to be the National Institute of Mental Health (NIMH) Outreach Partner for the state of Kansas. Outreach Partners disseminate NIMH research findings and educational materials to the public throughout their states and local communities.

This group includes families and individuals affected by mental illness, healthcare professionals, underserved populations, and other constituencies such as schools, social service agencies, and faith-based organizations. There are many materials available on a variety of mental health subjects, including (but not limited to) bipolar disorder, PTSD, ADHD, anxiety, senior focused, teen focused, gender and race focused.

Those interested in ordering materials for dissemination can find the catalogue on the NIMH website at: <https://infocenter.nimh.nih.gov/>, but you will only be able to order small quantities or print pdf files. However, if you contact the Mental Health Association, they will be able to order larger quantities (limits vary).

Contact Bethany Anderson: ([blippe@mhasck.org](mailto:blippe@mhasck.org)) Please allow 2-3 weeks from time of order until materials arrive.



# Update from The Center for Public Health Initiatives at WSU Community Engagement Institute

The Center for Public Health Initiatives at the WSU Community Engagement Institute (formerly CCSR) provides learning opportunities for staff within contracted Health Home providers. Though their name has changed, their role with the Health Homes program remains the same. Here what's coming up:

- The **Health Homes Learning Collaborative** allows administrators and managers within contracted Health Home Partners to share ideas and resources to continuously improve the current Health Home system in Kansas and is required for all current contracted HHPs. Our next webinar will be on Tuesday, December 1 at 3:00 p.m. and will focus on information from the Kansas Department for Children and Families regarding working with youth in Foster Care.
- Be looking for your invitation in December for the next in-person Learning Collaborative that will take place early next year!

**Pre-registration for all events is required and is limited to staff from Health Home Partners who are directly contracted with one or more MCO.** For more information or to add your name to an invitation list, please contact Vanessa Lohf at [vanessa.lohf@wichita.edu](mailto:vanessa.lohf@wichita.edu).

## Health Homes Tips and Tricks

Our Health Homes Tip of the Month comes to us from Mary Beth Steiner at the Health Home program operated by the mental Health Association of South Central Kansas. Mary wrote to us about how their Health Home team has used Quality Improvement (QI) plans to improve their Health Home's performance related to HAP completion. Mary Beth writes:

We were having great difficulty getting our 90 day HAPs done on time. Although we had a 75% completion rate, we only had an 'on-time' completion rate of 21%. As a team we developed a QI plan to improve our HAP update timeliness. We began setting appointments 30 days in advance rather than waiting until closer to the date. We created a QI spread sheet to track completion, not only of HAP completion, but also first outreach, initial HAP completion, etc. As a result, our on-time completion rate for 90 day follow ups has improved to 71% in the 3 months we have been monitoring.

Excellent work and what an improvement! Congratulations to the staff at the Mental Health Association of South Central Kansas on a job well done!

If you have ideas, tips, tricks or strategies that you'd like to share, please contact Samantha Ferencik at:

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Email: [sferencik@kdheks.gov](mailto:sferencik@kdheks.gov)



# CDC Announces that Smoking Rate Hits All-Time Low but Success is not Shared by all Populations

The Centers for Disease Control and Prevention (CDC) recently reported that the overall adult smoking rate has hit a new low of 16.8 percent. This is fantastic news, but unfortunately, this success is being disproportionately enjoyed by those on private insurance and those on Medicare.

American adults who are uninsured or on Medicaid smoke at rates more than double those for adults with private health insurance or Medicare, according to the CDC.

Data from the 2014 National Health Interview Survey (NHIS) show that 27.9 percent of uninsured adults and 29.1 percent of Medicaid recipients smoke. By contrast, 12.9 percent of adults with private insurance and 12.5 percent of those on Medicare currently smoke.

The study reported that the prevalence of cigarette smoking

among U.S. adults declined from 20.9 percent overall to 16.8 percent overall from 2005 to 2014. The considerable drop in the overall adult smoking rate over time shows marked progress.

Another major finding was that the average number of cigarettes smoked per day among daily smokers declined from 16.7 in 2005 to 13.8 in 2014 — driven by declines in the proportion of daily smokers who smoked 20 or more cigarettes per day.

While these findings are encouraging, we are also reminded that the uninsured and the Medicaid population are not seeing the same level of progress enjoyed by their counterparts who have private insurance or Medicare coverage.

In addition to those who are uninsured or on Medicaid, the study found other differences in smoking rates as well.

In 2014, prevalence of cigarette

smoking was higher among the following populations:

- Males
- Adults ages 25-44 years
- Multiracial or American Indian/Alaska Natives
- People with a GED
- People living below the federal poverty level
- People living in the Midwest
- People who have a disability/limitation
- People who are lesbian, gay, or bisexual

For more information about smoking rates and what can be done to improve one's chances of successful smoking cessation please visit:

<http://www.cdc.gov/media/releases/2015/p1112-smoking-rates.html>

## Questions?

If you have questions, or would like more information about Health Homes in Kansas, please contact us. Our page on the KanCare website also contains information about the Health Homes project and documents are being updated regularly.

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